

Special Dietary Needs

Information and tools for hunger relief agencies
to meet the needs of every diet



Overview of Washington Food Coalition

Our Mission

The Washington Food Coalition actively educates and networks with organizations that strive to alleviate hunger throughout Washington

Our Vision

The Washington Food Coalition is the unified voice for a strong emergency food system

History

The Washington Food Coalition is a non-profit network of food banks, food pantries, food distribution centers, hot meal and food voucher programs throughout the state of Washington. Incorporated in 1992, the WFC is the result of a merger between the Western Washington Food Coalition and Eastern Washington's Northwest Regional Food Network. Members of these independently incorporated organizations envisioned a comprehensive and cohesive statewide network. Their goal was to work cooperatively to alleviate hunger and provide a unified voice for hunger programs. The WFC currently has a diverse membership of more than 300 independently incorporated agencies.

Special Dietary Needs: Information and tools for hunger relief agencies to meet the needs of every diet

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Our History

Honoring those who have fought hunger in Washington for decades.....

We not only strive to highlight the current innovations and solutions in hunger relief agencies, but we also honor those that have done the hard work of building a foundation for a strong emergency food system.

In the early 1970's, several factors including the 'Boeing bust' and a nationwide energy crisis caused a hard-hitting recession throughout Washington. Families who had previously been self-sufficient were left without employment and without food on their shelves. In 1972, concerned neighbors in Washington began to grow discontent when seeing others in their community face hunger. Slowly but surely, groups rallied together in pockets of the state to set up local food programs. Some had begun organizing before this, and some would soon come after, but 1972 marks a year of remarkable activity in the formation of early food program networks around the state. Organizations that began in 1972 include Puyallup Food Bank, Thurston County Food Bank, Bellingham Food Bank, and 2nd Harvest Inland Northwest.

The Washington State Legislature took a major step to fight hunger in 1985 when they formed the Emergency Food Assistance Program (EFAP) to provide funds to the developing food program system. In 1992, this program expanded to also support the Tribal Voucher Food Program.

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Since then, our work has been anything but light or easy. Varying economic times provide fluctuation in the strain our members face, but there has never been a season when they are not greatly needed. Our work is not confined to the traditional food bank, but we also represent all meal programs, distribution programs, and anyone fighting hunger in Washington.

Enough cannot be said about the grueling work that was done by those who formed a statewide emergency food system, when nothing of the sort existed a few short decades ago. Washington Food Coalition is proud to continue the hard work of building on what they have accomplished.

The situations, interests, and needs of our agencies are diverse. However, we find complete unity in the belief that no one in Washington State should go hungry and we share in the vision of a strong emergency food system.

For those of us who now carry the work of feeding our hungry neighbors, and those who will soon join our work, we press on with optimism and the fortitude to continue until no one in Washington goes hungry any more.

...we continue the work of building a strong emergency food system.

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Introduction

The importance of Special Dietary Needs Education

Proper nutrition is important for the human body for numerous reasons; nutrients help bones grow, fight off infection or illnesses, and power our brains. Proper nutrition also helps our metabolisms run correctly, and fuels our bodies to make it through the day. While it's important to look at the overall quality of a diet, it's also important to consume all five food groups, incorporating fruits, vegetables, dairy, protein, and grains into meals throughout the day. Each food group has its own merits, containing the vitamins, minerals, and nutrients that help our bodies function properly.

Food insecure individuals, or those who have to sacrifice the quality or frequency of the food in their diet due to monetary factors, are at a greater risk for missing out on the important nutrients provided by these five food groups. Without the existence of any illnesses or other conditions that alter their nutritional requirements, a food insecure individual is at risk for not receiving enough fruits, vegetables, whole grains, protein, or food in general. When you combine this risk with any existing condition, such as heart disease or chronic substance abuse, it is even more likely that an individual isn't consuming the types or quantities of foods recommended for their situation.

This emergency food manual examines some of the more frequently found conditions and diseases along with their impact on the diet. The manual covers long-term diseases, such as chronic kidney disease, diabetes mellitus, and AIDS, and different stages in the lifecycle. The situation may vary in severity, ranging anywhere from mild cases of lactose intolerance to severe allergies to gluten, in the case of celiac disease. This manual is meant to act as a guide, providing basic recommendations for foods that are okay to consume as well as foods that should be avoided as much as possible. It's important to consult with the individual to see what sort of restriction they may have along with its severity. This will help ensure that proper food can be provided to help nourish them correctly.

The majority of situations that require special dietary needs are highly individualized. They should be fairly in-tune with what sorts of foods their bodies can and cannot handle (typically people have adversities to high-fat foods). While it's best to follow the guidelines of "okay foods" and "foods to avoid," these may look different depending on the individual. Some sections will specifically say to avoid foods because of their nutritional content. For instance, individuals with celiac disease must avoid any product that contains the protein gluten. Important information about the specific condition or lifecycle stage can be found at the beginning of each section. This information will depict what is going on in the body that has necessitated altered nutritional requirements. If a certain type of food needs to be specifically avoided, this information will also be listed. Otherwise, the information provided is intended to serve as a guideline that will assist in providing nutritious foods to the food insecure.

This emergency food manual is not an exhaustive list of every disease or situation that can impact a person's nutritional status. The various conditions described in the manual account for a large portion of the population, as well as some considerations for working with culturally diverse families or individuals. This information will serve as a good starting point for working with an individual's dietary needs, but it is important to communicate with the individuals and families served in order to provide the best nutritional care possible.

"Let food be thy medicine and medicine be thy food"

-Hippocrates

AIDS

Acquired Immune Deficiency Syndrome (AIDS) is very complex and has many different stages. As a result, different types of diets are needed throughout a person's illness. Because people living with AIDS are more susceptible to illnesses (such as the common cold), it is important to provide enough calories and protein to help fight against infection.

Foods that are quick and easy to prepare may be needed, if a person tires easily. A person living with AIDS is more likely to suffer from food-borne illnesses ("food poisoning"). It is important to avoid foods that can cause food-borne illnesses, such as:

- ...► Raw and undercooked eggs
- ...► Raw and undercooked meat, fish, chicken, and turkey
- ...► Unpasteurized milk or cheese (both cow's and goat's milk)
- ...► Soft cheese such as Mexican style, feta, Brie, blue cheese
- ...► Raw Sprouts
- ...► Unpasteurized Juices

Later stages of AIDS may cause lesions, or sores, in the mouth, which make chewing and swallowing more difficult. If oral lesions are a concern, it is best for the person to consume smaller bites of food that are room temperature.

OKAY FOODS

BREADS AND CEREALS

Whole wheat, rye and enriched breads (i.e. bagels, pita bread)
Rice, rice crackers
Pasta (noodles, macaroni, spaghetti)
Tortillas, corn & flour (whole-wheat)
Oatmeal & oatmeal products (including protein, nutrition, and granola bars)
All hot and cold cereals (limit sugar coated cereals)
Cornmeal & cornmeal products
Crackers
"Healthy cookies" (fig newtons, graham crackers, ginger snaps)
Sweet rolls, donuts, etc. can provide extra calories. Use in moderation (balance with healthier snacks)

FRUITS AND VEGETABLES

Fresh and frozen fruits/vegetables as available
All canned vegetables (offer vegetables with many nutrients such as spinach, sweet potatoes, mixed vegetables)
Canned, fruit juice (100% juice)
All canned fruits

PROTEIN FOODS

Canned or dried beans (red, black, pinto, navy, etc.), includes canned soups
Canned or dried lentils (green, yellow, orange), includes canned soups
Canned or dried split peas, includes canned soups
Peanuts, peanut butter, nut butters (may not be tolerated well due to high fat content)
Tuna, sardines
Canned Stews
Canned meat and poultry products (water packed tuna or chicken)

MILK AND DAIRY FOODS

Regular, soy, almond, or rice milk
Canned evaporated milk
Powdered milk
Canned puddings
Instant Breakfast Products (i.e. Carnation Instant Breakfast)
*if lactose intolerant, use calcium fortified soy, almond, rice milk products, or lactose-free milk as an alternative to regular milk

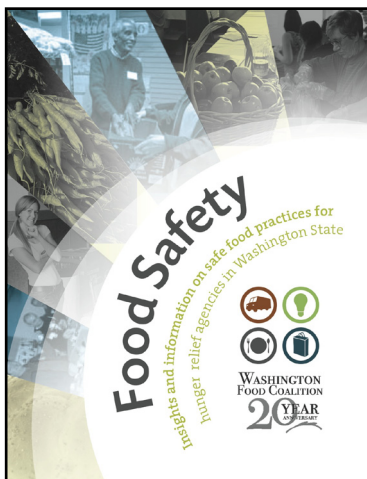
PEOPLE LIVING WITH HIV/AIDS NUTRITIONAL NEEDS

Many individuals who are HIV positive or living with AIDS are unable to digest milk or milk products. Besides the problems associated with milk and milk products, many of these individuals are unable to tolerate large amounts of fat. Supplements such as Sustacal or Ensure contain fat and in some cases may not be helpful in preventing further weight loss. Diarrhea, cramping, and upset stomachs are symptoms commonly reported by individuals with intolerance to fat.

When fat is not tolerated, other nutritional supplements available known as Lipisorb and Nutren may help in provide additional calories. The fats in Lipisorb and Nutren are already partially broken down into medium-chain triglycerides. This type of fat is much easier for the body to digest and may decrease the diarrhea and discomfort. These products are very expensive, however, and may not be needed by all clients living with HIV/AIDS. Supplements such as Instant Breakfast may be tolerated. The best supplement for any client is a product which will promote weight gain. Protein supplements such as Beneprotein may be added to help fortify foods, as well as fruit juice style protein drinks such as Boost Breeze.

For most individuals living with HIV/AIDS, the best diet to follow is one that is low in fat, lactose or milk and milk products, refined sugar, and caffeine. A high protein, high calorie, low-fat diet is usually the best diet to follow.

People living with HIV infections may have an increase in caloric (energy) needs. Bodies may not absorb and utilize foods and nutrients at optimal levels, meaning it is important to consume nutrient-dense foods, as they provide more vitamins and minerals. Because individuals with HIV/AIDS may not be able to tolerate some foods, such as high fat foods, milk or dairy foods, so alternative options should be available, including: lean meats, low-fat dairy or dairy-substitutes such as soy or almond milk. People living with HIV infections are also at a higher risk of acquiring food-borne illnesses (food poisoning). Care should be taken to provide foods that have been stored properly and have a lower risk of causing food poisoning, as well as the recommendation of cooking to the proper temperature. The danger zone where bacteria can thrive is 40-140F. Perishable foods should be kept refrigerated. Anything perishable left out for more than 2 hours should be discarded. Foods should be reheated to a minimum temperature of 165F.



For more food safety information, please refer to Washington Food Coalition's Food Safety Manual.

ALCOHOL AND SUBSTANCE ABUSERS

Alcohol and drugs harm the body in two ways:

1. The alcohol or drugs itself damages the body and organs
2. The effects of alcohol or drugs may contribute to irregular eating and poor diet

A healthy diet promotes healing and recovery. When people feel better (get a healthy diet) they may be less likely to use substances. A healthy diet includes adequate protein, whole grains, is low-fat, and has a high nutrient content. People with cirrhosis require a diet rich in protein and providing 2,000 - 3,000 calories per day to help the liver re-build itself. **However, some cirrhotic patients have protein intolerance.** Too much protein will result in an increased amount of ammonia in the blood, while too little protein can reduce healing of the liver.

Prolonged alcohol abuse may result in cirrhosis, or fatty liver. Essentially, cirrhosis means that the healthy liver has been replaced by scar tissue. Without a properly functioning liver, it is more likely that the individual will suffer from abnormal absorption of nutrients from the digestive tract.

Some key nutrients of concern are vitamins, minerals, and proteins. Alcoholics sometimes drink enough to get more than half of their daily energy needs (calories) from alcohol and do not eat enough of the right foods. Speed, I.V. drugs, methamphetamine, crack, and cocaine affect a person's appetite so that they do not feel like eating. Not eating enough food or the wrong kinds of foods makes it very hard for our bodies to get the nutrients (vitamins and minerals) we need. Foods offered should be low in sugar and have a lot of vitamins and minerals.

Recommended Eating Habits *(share the below information with clients if it is helpful)*

- ...► Frequent meals and snacks. Try to eat every 5 hours or sooner, even if you don't feel hungry. This can ease depression and make it easier to deal with problems.
- ...► Healthful snacks. Try nuts, cheese, yogurt, sunflower seeds, whole grain crackers, fruit, and vegetables. Use your favorite salad dressing as a quick dip for raw vegetables. It's better to crunch food than to snap at your loved ones.
- ...► Healthy foods that travel well. Take snacks like peanut butter sandwiches, nuts, and sunflower seeds. On car trips, try protein bars; low-sugar types are best.
- ...► Lots of fluids. Try to drink about 8 glasses of fluid every day. Drink more in the hot summer months.
- ...► Breakfast. Choose foods with protein, like eggs, meat, yogurt, cottage cheese, or peanut butter, or have a bowl of unsweetened cereal with milk and fruit.
- ...► Easy-to-prepare foods. Keep it simple. Plan simple meals and snacks ahead of time. Remember to schedule time to shop for your food so that you have ample supply of nutritious options. Try healthful microwave meals if you can't cook.
- ...► Meals with sober friends. Isolation and secrecy were part of your addiction. Socialization is an important part of recovery. Try eating with people from your support group before or after a meeting.

OKAY FOODS

BREADS AND CEREALS

Whole wheat, rye, and enriched breads (bagels, pita bread)
Brown rice, rice crackers
Pasta (noodles, macaroni, spaghetti)
Tortillas, corn, flour (whole grain)
Oatmeal & oatmeal products, including oatmeal cookies
Low sugar & high fiber cereals (i.e. cheerios, raisin bran)
Cornmeal & cornmeal products
Crackers (offer mostly whole wheat or unsweetened & unsalted)

FRUITS AND VEGETABLES

Fresh and frozen fruits/vegetables when available
All canned vegetables (offer mostly spinach, sweet potatoes, and mixed vegetables)
Canned, fruit juice—100% juice
All canned fruits (offer mostly mandarin oranges, pineapple, and fruit cocktail in own juice)

...➤ suggestion: if canned fruit is in syrup, rinse off the fruit before consuming

PROTEIN FOODS

Canned or dried split peas, includes canned soups
Peanuts, peanut butter, nut butters (in limited amounts)
Lean ground meat
Legumes
Fish

MILK AND DAIRY FOODS

1% or fat free milk or almond, rice, soy milk
Canned evaporated milk
Powdered milk
Canned and packaged puddings
Low-fat yogurt, cheese

OTHER FOODS

All canned soups, suggest that canned vegetables be added for extra nutrients

FOODS TO AVOID

BREADS AND CEREALS

Sweetened products, such as:
Doughnuts
Muffins
Poptarts
Frosted cookies
Sweet rolls
Highly sweetened cereals

If you receive a lot of these types of foods then limit servings to 1 or 2/week.

FRUITS AND VEGETABLES

Avoid powdered juice beverages—they are not a juice, but sometimes people think they are. These are very high in sugar.

PROTEIN FOODS

Canned or dried lentils (green, yellow, orange), includes canned soups
Tuna
Sardines
Canned Stews
Canned meat and poultry products (i.e. deviled ham, spam, chicken)
Canned or dried beans (red, black, pinto, navy, etc.), includes canned soups

Allow 2-3 ounces of cooked amount as a portion for adults and teens (or 6 ounces/day)

MILK AND DAIRY FOODS

Sweetened condensed milk
Whole milk and whole-fat yogurt

OTHER FOODS

Drinks or foods high in caffeine, including: chocolate foods, cocoa, candy bars, etc.

CARDIOVASCULAR DISEASE/HEART DISEASE

Cardiovascular or heart disease will affect 1 in every 2 Americans at some point in their lifetime. Cardiovascular disease means that the function of the heart has been compromised; this can happen because of plaque build-up in arteries, deteriorating heart muscle function, high blood pressure, heart attack, stroke, diabetes, or kidney disease, to name a few examples.

The biggest concern with cardiovascular nutrition is to make sure that the person is choosing lower-fat, lower-sodium options.

Too much sodium causes high blood pressure, which strains the heart and kidneys. Lower fat foods limit cholesterol intake, which contributes to plaque build-up in the arteries, which forces the heart muscle to work harder in order to pump blood normally.

OKAY FOODS

BREADS AND CEREALS

Whole wheat bread
English muffins
Oatmeal, hot breakfast cereals
Crackers, unsalted

FRUITS AND VEGETABLES

All fruits okay
All vegetables okay

PROTEIN FOODS

Fresh or frozen lean meats, chicken, fish, beef
Almonds, nuts
Canned or dried beans
Lentils

MILK AND DAIRY FOODS

1% or fat-free milk
Almond, soy, rice milk
Fat-free or low-fat yogurt
Low-fat cheese

FOODS TO AVOID

BREADS AND CEREALS

Sugary pastries, donuts, muffins
Cookies

PROTEIN FOODS

High-fat cuts of meat
Hot dogs
Lunch meats
Eggs (limit to 2-3 servings/week)

MILK AND DAIRY FOODS

Whole milk
Whole-milk yogurt
Ice cream
Cream cheese
Higher fat cheeses

CELIAC DISEASE (GLUTEN INTOLERANCE)

Gluten is a protein found in wheat, barley, rye and triticale flours. People with celiac disease have an immune response to this gluten protein, which causes the lining of their intestinal tract to inflame. The inflammation from consuming gluten prevents a person with celiac disease from being able to absorb other nutrients as well as calories in general, which can make them feel sick and in pain. Eating a gluten-free diet helps people with celiac disease control their signs and symptoms and prevent complications, as well as receive adequate nutrition.

Under the Food Allergen Labeling and Consumer Protection Act of 2004, if a food or an ingredient contains wheat or protein from wheat, the word “wheat” must be clearly stated on the food label.

OKAY FOODS

Many healthy and delicious foods are naturally gluten-free:

- ...► Beans, seeds, nuts in their natural, unprocessed form
- ...► Fresh eggs
- ...► Fresh meats, fish and poultry (not breaded, batter-coated or marinated)
- ...► Fruits and vegetables
- ...► Most dairy products (unless says “contains gluten”)

It’s important to make sure that they are not processed or mixed with gluten-containing grains, additives or preservatives. Many grains and starches can be part of a gluten-free diet:

- ...► Amaranth
- ...► Arrowroot
- ...► Buckwheat
- ...► Corn and cornmeal
- ...► Flax
- ...► Gluten-free flours (rice, soy, corn, potato, bean)
- ...► Hominy (corn)
- ...► Millet
- ...► Quinoa
- ...► Rice
- ...► Sorghum
- ...► Soy
- ...► Tapioca
- ...► Teff

FOODS TO AVOID

Avoid all food and drinks containing:

- ...► Barley (malt, malt flavoring and malt vinegar are usually made from barley)
- ...► Rye
- ...► Triticale (a cross between wheat and rye)
- ...► Wheat
- ...► Bulgur
- ...► Durum flour
- ...► Farina
- ...► Graham flour
- ...► Kamut
- ...► Semolina
- ...► Spelt

Avoid unless labeled “gluten-free”:

In general, avoid the following foods unless they’re labeled as gluten-free or made with corn, rice, soy, or other gluten-free grain:

- ...► Beer
- ...► Breads
- ...► Cakes and pies
- ...► Candies
- ...► Cereals and oats
- ...► Cookies and crackers
- ...► Croutons and french fries
- ...► Gravies
- ...► Imitation meat or seafood
- ...► Matzo
- ...► Pastas
- ...► Processed luncheon meats
- ...► Salad dressings
- ...► Sauces, including soy sauce and tamari sauce
- ...► Seasoned rice mixes
- ...► Seasoned snack foods, such as potato & tortilla chips
- ...► Self-basting poultry
- ...► Soups and soup bases
- ...► Vegetables in sauce

CHEWING OR SWALLOWING DIFFICULTY/SOFT FOODS

People who have trouble chewing can usually eat foods that are chopped, ground or pureed. It also helps if the foods can be moistened by sauces or dressings. Some who have problems with chewing are:

- ...► People with disabilities
- ...► People with dental problems, such as cavities or dry mouth
- ...► People recovering from stroke
- ...► People suffering from a serious long-term illness
- ...► People with mouth cancer

OKAY FOODS

BREADS AND CEREALS

Whole wheat and enriched breads (may need to be softened with milk or soup broth)
Rice, rice soups, rice casseroles
Couscous or quinoa
Pasta (well-cooked noodles, macaroni, spaghetti)
Tortillas, corn (make a tortilla soup as a way to soften)
Hot cereals, including instant oatmeal (good choice for fiber)
Dry cereals (flakes of other kinds that soak up liquid, or are soft)

FRUITS AND VEGETABLES

Canned fruits, soft fresh fruits (bananas, ripe peaches)
Canned juices, 100% juice is best
Canned vegetables, well-cooked, carrots, sweet potatoes, mashed white potatoes
Creamed vegetable soups

PROTEIN FOODS

Canned stews
Canned meats and chicken
Canned tuna fish
Cheese, cottage cheese
Eggs
Creamy peanut butter, smooth nut butters
Well-cooked and mashed or pureed dried beans/peas (if used to eating these foods)
Tofu

MILK AND DAIRY FOODS

Cow's milk, soy, rice, or almond milk
Powdered milk
Canned and packaged puddings
Instant Breakfast, including Carnation

OTHER FOODS

Canned soups (canned vegetables can be added to these soups for more vitamins and minerals adding pasta or rice gives a nutritious one pot meal)

Packaged macaroni and cheese (add tuna for protein)

FOODS TO AVOID

BREADS AND CEREALS

Multi-grain breads, especially with seeds
Hard crackers and cookies
Hard crusted bread (some types of rolls) or bagels
Coarse breads
Bran cereals
Granola-type cereals

FRUITS AND VEGETABLES

Hard raw fruit (i.e. apples)
Hard raw vegetables (i.e. carrots, turnips)
May want to limit corn, eat when softened

PROTEIN FOODS

Corned beef
Sardines
Luncheon meats, hot dogs
Crunchy peanut butter
Whole nuts
Seeds

OTHER FOODS

Chips (potato, corn, tortilla)
Fried foods

TIPS FOR FINDING SOFT FOOD OPTIONS

- ...► Cut meats finely, moisten with liquids such as broth or gravy. Canned tuna is an excellent source of protein and can be moistened with mayonnaise or other dressing. Soft cooked legumes or beans.
- ...► Soft foods such as pancakes, pudding, jello, custard, or canned pumpkin may be eaten without additional blending.
- ...► Breads and cereals may be soaked in a liquid such as milk. Biscuits and muffins may be soaked in milk, coffee or soup, or served with gravy and sauces.
- ...► Soft scrambled or soft boiled eggs are not recommended because of possible food-borne illness.
- ...► Fortified milk (see recipe section), yogurt, pudding, cream sauces, and cream soups.
- ...► Try stews or casseroles with added liquid.
- ...► Cold foods and liquids can often help those with dysphagia, or swallowing mechanism problems; serve liquids and foods chilled if possible



CHILDREN

Children are constantly growing and need enough nutrients to ensure their brains and bodies develop optimally. It's easy for children to overeat—or under eat—depending on the meal and the amount of food they have available. Children should be provided the same foods as their parents. Whenever possible, limit the amount of sugar (especially added sugar) and salt provided in foods, as these can negatively impact the health of children when consumed in large quantities.

OKAY FOODS

BREADS AND CEREALS

Whole grain breads, cereals, pastas
Oatmeal
Protein bars
Tortillas

FRUITS AND VEGETABLES

All fruits
Canned fruits in nectar, juice
All vegetables
Green, leafy vegetables

PROTEIN FOODS

Fresh lean meat, chicken, fish, beef
Peanut butter, nut butter
Canned tuna
Canned or dried beans
Nuts

MILK AND DAIRY FOODS

Low-fat, non-fat milk (if over the age of 2)
Yogurt
Cheese

OTHER FOODS

Whole grain crackers
Canned soups (low-sodium)

FOODS TO AVOID

BREADS AND CEREALS

White, bleached flour products
Highly sweetened cereals

FRUITS AND VEGETABLES

Canned fruits in heavy syrup
Limit starchy vegetables such as corn, potato

PROTEIN FOODS

Processed meats such as hot dogs, bologna, sausage
High sodium canned meats

MILK AND DAIRY FOODS

High fat cheese
Whole Milk (if over the age of 2)

OTHER FOODS

Chips, pretzels, soda, and other foods low in nutritional values



CHRONIC KIDNEY DISEASE

People suffering from chronic kidney disease (CKD) cannot filter blood as they should, meaning some of the waste naturally found in our bodies stays in circulation instead of being excreted in urine. This waste can build up in our bodies, impacting other organs as well. Improperly managed diabetes and high blood pressure are the most common causes of chronic kidney disease. Chronic kidney disease may lead to kidney failure. The only treatment options for kidney failure are dialysis or kidney transplantation.

Chronic kidney disease is irreversible, and can worsen over time.

The diet for Chronic Kidney Disease depends on how well the kidneys are working. The diet may need lower amounts of protein foods (meats, fish and chicken), and lower amounts of some minerals including potassium and phosphorus. Individuals with CKD should limit fluid intake to 2 liters per day.

OKAY FOODS

BREADS AND CEREALS

whole grains may be restricted depending on their Phosphorus level

Refined grains may actually be the better choice

Choose whole wheat breads, pastas
Brown rice

PROTEIN FOODS

Fresh or frozen lean meat, chicken, fish, beef, turkey
Canned tuna
Canned meats only if low-sodium content

FRUITS AND VEGETABLES

Apple, applesauce
Canned pears, peaches, pineapple
Choose foods with less salt
Choose low-sodium prepackaged and processed foods

MILK AND DAIRY FOODS (these may be restricted depending on their Phosphorus level)

Low-fat milk
Low-sodium cheese

OTHER FOODS

Cooked cereals: cream of wheat, oatmeal

FOODS TO AVOID

BREADS AND CEREALS

Avoid salted crackers, pretzels

PROTEIN FOODS

Avoid salted or cured meats
Cold cuts, hot dogs, bacon, sausages
The amount of protein may be limited based on how well the kidneys are functioning
To limit phosphorus, limit eggs and dried beans

FRUITS AND VEGETABLES

→ If avoiding potassium, do not eat:
Bananas, oranges

→ Orange juice

Avoid vegetables canned with salt
To limit potassium, limit nuts, avocados, potatoes, and tomatoes

MILK AND DAIRY FOODS

If limiting phosphorus or potassium, limit milk and dairy products
Yogurt

OTHER FOODS

Soda (pop), iced teas, fruit punch

CULTURAL CONSIDERATIONS

When working with people from other countries and cultures, respect is the most important thing to remember. We may think our foods are best because that's what we are used to, but what we like isn't liked by everybody. How foods are cooked or which foods we choose is affected by how we were brought up. Someone who comes from a different country won't have the same food practices and beliefs of their adopted country or community..

Inside every country food choices are affected by where a person lives, even in Washington State. For instance, someone who lives in the Puget Sound tends to eat different foods on a daily basis than would a family from Moses Lake or Dayton.

Influences on food choices are not only based on geography, but also on individual family traditions and customs.

To provide useful information in a small amount of space, this resource groups together people from cultures and countries that tend to eat similar foods. But remember, the information provided here is just a brief guide to help you put together food packages. It is important to observe and listen to others, and to show respect for their cultural food beliefs and practices.



LATINO DIETS

People from Mexico, Central and South America

Beef and fluid milk are not typically eaten every day. Pork, lamb, and cheese tend to be used more often. The everyday source of protein is usually dried beans (mostly pinto and black beans). Beans are usually eaten with rice or tortillas. Together, these foods make a complete protein. Latinos are from tropical countries that have a greater variety of fruits than we have in Washington State. Vegetables typically consumed are root vegetables and greens.

- ◆ Oatmeal (similar to Atolé) cooked with powdered milk
- ◆ Beans (pinto, black, garbanzo, kidney)
- ◆ Rice and/or corn tortillas
- ◆ Brown rice
- ◆ Corn
- ◆ Almonds, peanuts
- ◆ Carrots
- ◆ Cabbage, spinach
- ◆ Jicama
- ◆ Peppers
- ◆ Potatoes
- ◆ Zucchini
- ◆ Okra, chard
- ◆ Fruit cocktail
- ◆ Tomatoes
- ◆ Citrus (oranges, grapefruits, lime, etc.)
- ◆ Other fruits (bananas, mangoes, papaya, guava, pineapple etc)
- ◆ Grapefruit juice
- ◆ Beans and white potato stew with pieces of meat (suggest canned beef stew with added beans, potatoes, and carrots)
- ◆ Cod, whitefish
- ◆ Chicken, eggs
- ◆ Mexican cheeses (examples include: cotija, queso blanco, or panela)
- ◆ Yogurt, milk

AFRICAN AMERICAN DIETS

Americans with an African heritage, as well as newly immigrated Africans.

Pork may not be eaten for religious reasons, but other meats are used. In some families, meat, milk, and dairy products are eaten in small amounts, while other families may use these foods quite often. Root vegetables and the greens from such vegetables are popular choices. Fruit use depends a lot on individual family background.

- ♦ Cornmeal Mush, suggest it be cooked with powdered milk
- ♦ Sweet Potato Patties
- ♦ Black-eyed peas or Red Beans
- ♦ Chickpeas
- ♦ Lentils
- ♦ Rice, brown or wild
- ♦ Peanuts, pumpkin or sunflower seeds
- ♦ Hominy
- ♦ Citrus (oranges, bananas, lemons, limes, grapefruits, pineapple)
- ♦ Tomatoes
- ♦ Collard greens
- ♦ Kale, spinach, chard, okra
- ♦ Green beans
- ♦ Cauliflower, jicama
- ♦ Pumpkin (canned)
- ♦ Canned stew as a base, add canned or fresh sweet potatoes
- ♦ 100% orange juice (canned or fresh)
- ♦ Bread
- ♦ Maize/corn, couscous
- ♦ Teff

ASIAN DIETS

Includes people from Southeast Asia, Korea, Japan, and China.

All meats tend to be eaten in small amounts. Common “meat” sources are: pork, chicken, and fish. Cheese is really not part of the diet for any of these countries. Non-meat sources of protein are used more often and include: peanuts, tofu, and colored lentils. Rice is a staple served with every meal and forms the bulk of the diet. Small amounts of vegetables and meat are served with rice. It is typical for breakfast foods to be leftovers from the evening meal from the night before. Sweets are very much enjoyed.

- ♦ Rice with peanut sauce (for a peanut sauce suggest heating peanut butter and thin down with a little oil)
- ♦ Canned pineapple or mandarin oranges-Preferably in juice pack so not so sweet
- ♦ Top Ramen (add canned chicken and spinach)
- ♦ Sweet rice with fruits and/or beans
- ♦ Cabbage
- ♦ Peppers
- ♦ Citrus (oranges, kiwi, pomellos)
- ♦ Cod, whitefish
- ♦ Chicken, eggs
- ♦ Noodles

There are some significant differences even between Cambodian and Vietnamese cooking - women will say that they don't know how to cook certain items. So stick to basics used by all SE Asian diets, and offer items such as canned fish on a selection basis.

Rice:

It's important to know that different varieties of rice are eaten in Asian diets. And the different size/texture of the rice determines the types of dishes cooked. Although with rice being the main daily staple of all Asian diets - any rice is preferred instead of no rice.

Korean/Japanese Diet - Short grain rice (Calrose is one common brand)

SE Asian Diet - Long grain - mostly Jasmine rice.

Sweet Rice - Used for desserts with fresh fruit, etc. Also in wrapped foods (banana leaves, etc.)

Noodles:

There are many varieties even within rice noodles - with most noodles specific to certain dishes/preparations.

Ramen noodle seasoning packets also differ based on the ramen brand's country of origin.

Note: In SE Asian cooking, ramen noodles are used as a noodle soup dish, different fried noodle dishes, and often also eaten uncooked for breakfast, lunch or snack – perhaps in the other countries as well

SE Asian Diet Basic Staples:

- ♦ Vegetable Oil (Large - Purchase from a local Asian supermarket and get a better price for an 88 oz. vegetable oil than if you ordered a smaller size from Food Buying Service or local grocery outlets)
- ♦ Soy and Tamari Sauce (get input as to the brand)
- ♦ Fish Sauce (get input as to the brand)
- ♦ Jasmine Rice (Larger amounts than general food banks)
- ♦ Canned Mackerel in Brine (Packed in brine is the most versatile for various dishes)
- ♦ Canned Sardines in Tomato Sauce (Used by adults and youth - eaten with rice, noodles, or on bread/crackers)

- ♦ WaiWai (Thai) Ramen Noodles - Oriental Flavor
(Note: Shrimp flavor is also a top choice, but some of the brands are too spicy for many so stick with the Oriental flavor)
- ♦ Canned Baby Corn



General Information - SE Asian Diets:

Fresh Vegetables:

- ♦ Pak Choy
- ♦ Cabbage
- ♦ Carrots
- ♦ Cucumbers
- ♦ Corn
- ♦ Green beans
- ♦ Sugar snap peas and snow peas
- ♦ Leaf lettuce
- ♦ Peppers - sweet/hot
- ♦ Onions - shallots, green, yellow, white
- ♦ Garlic
- ♦ Zucchini
- ♦ Kabocha squash

Frozen Vegetables:

- ♦ Mixed Vegetables (used for fried rice)
- ♦ Frozen Peas/Carrots (substitute on fried rice)
- ♦ Canned Vegetables:
- ♦ Asian Baby Corn

Fresh Fruit:

- ♦ Apples
- ♦ Bananas
- ♦ Melons
- ♦ Mandarin oranges
- ♦ Green grapes
- ♦ Asian pears
- ♦ Blueberries
- ♦ Mangos
- ♦ Papayas

Canned Fruit: (Note: juice pack is best so not so sweet)

- ♦ Pineapple
- ♦ Mandarin oranges

Protein:

- ♦ Eggs - A very helpful/versatile food item (eaten with ramen soup, plain rice, fried rice, fried noodles) that is used in dishes that both adults and youth prepare.
- ♦ Fresh/frozen chicken (most often used are whole chickens, wings, drumsticks)
- ♦ Fresh/frozen ground chicken
- ♦ Boneless pork
- ♦ Boneless ham (regular or turkey)
- ♦ Fresh/frozen fish (white fish, salmon, squid, fish from SE Asian markets)

EUROPEAN DIETS

Includes people from all Eastern and Western European countries. Some Eastern Russians may have food patterns that are more like people from Asia. Other Russians may eat foods more common to Western European diets.

- ...▶ Bread pudding with nuts and dried fruit
- ...▶ Apple cider
- ...▶ Oatmeal with molasses
- ...▶ Canned or powdered milk
- ...▶ Canned apricots
- ...▶ Beef stew, add lentils and canned carrots
- ...▶ Rye or whole wheat bread
- ...▶ Apple cranberry crisp
- ...▶ Boxed macaroni and cheese (add canned chicken or tuna for protein)
- ...▶ Canned mixed vegetables
- ...▶ Pound cake with peaches on top
- ...▶ Meat

DIABETES MELLITUS DIET

This style diet is recommended for people with:

- Prediabetes
- Diabetes
- Hyperglycemia

OKAY FOODS

BREADS AND CEREALS

Whole grain or enriched breads (not sweet or frosted)
Whole grain bagels
Whole grain English muffins
Tortillas (corn, flour)
Crackers, Matzoth
Pastas (spaghetti, etc.)
Brown rice and rice products
Oatmeal and oatmeal products
Whole grain breakfast cereals (Cheerios, Bran Flakes)

FRUITS AND VEGETABLES

Fresh or frozen fruits and vegetables when available
Canned fruits in light syrup or own juice. (Rinse syrup from canned fruit in heavy syrup)
Dried fruits, raisins (limit amounts)
Canned vegetables (without sauces)
Frozen vegetables, without sauce
Vegetable juice

PROTEIN FOODS

Plain canned meats, poultry, fish
Canned or dried beans and peas (canned soups)
Peanuts, peanut butter, nut butters
Tofu

MILK AND DAIRY FOODS

1%, non-fat milk
Evaporated skimmed milk
Powdered milk

OTHER FOODS

Fats, fatty foods, and oils in limited amounts, use nonstick pan spray
Low-calorie/reduced-fat salad dressing
Bouillon or broth without fat
Coffee, coffee substitutes, tea,
Cocoa powder, unsweetened
Sugar-free and diet drinks
Sugar-free gelatin (D-zerta)
Sugar-free candy, jam, and jelly
Dill Pickles
Plain graham crackers
Sugar substitutes: saccharin, aspartame products or coconut sugar. Use in moderation.

FOODS TO AVOID

BREADS AND CEREALS

Sweet rolls, donuts, frosted breads, other sweet pastries
Sweetened hot cereals (instant oatmeal products with added "fruit", brown & maple sugars)
Sugar-coated, sweetened dry cereals
Cakes
Cookies
Granola bars, breakfast bars

FRUITS AND VEGETABLES

Sweetened fruit juices
Canned fruits with added sugar, syrup or concentrates (may rinse syrup from canned fruit)
Fruit concentrate syrups
Dried soup mixes

PROTEIN FOODS

Canned meats, poultry, fish in a creamed sauce
Baked beans or other similar type products sweetened with sugar, molasses, and corn syrup
Processed meats, Vienna sausage, wieners

MILK AND DAIRY FOODS

Sweetened condensed milk
Canned and packaged puddings

OTHER FOODS

Lard
Bacon, cracklins
Candy, gum
Cocoa mix (sugar or dextrose)
Gelatin desserts, sweetened
Honey, sugar, syrup, molasses
Jams and preserves
Jelly's and Marmalade
Soft drinks
Sweet pickles & relishes

DIABETES MELLITUS FACTS

- ...► One in twelve (25.8 million) people have diabetes in the United States.
- ...► In 2010, 1.9 million people were diagnosed with diabetes
- ...► Another 1 in 3 (79 million) people have prediabetes and are at risk for developing diabetes. Diabetes can be prevented with modest amounts of weight loss and regular exercise.
- ...► Diabetes is a serious condition that is controlled with diet, exercise and medications.
- ...► If diabetes is not controlled, it can lead to serious complications, including:
 - ◆ Heart disease and stroke
 - ◆ High blood pressure
 - ◆ Blindness
 - ◆ Loss of limbs
- ...► Eating a healthy diet is important for managing diabetes. A healthy diet includes whole grains, lean meats, low fat milk and dairy products, fruits and vegetables. Food choices should be low in added salt or sodium.
- ...► Controlling diabetes is not just about limiting sugar and sweets. While foods with added sugar should be limited in a healthy diet, small amounts can be included with planning. Sugar free products are more expensive than regular products and are not required to plan a healthy diet.

*Unfortunately, there is no cure for diabetes.
It can be controlled with diet, exercise, and
medications.*

Source: <http://www.cdc.gov/diabetes/pubs/factsheet11/fastfacts.htm>

INFANTS

Infancy is the period of time where babies grow the fastest. The best food source during this time is the mother's breast milk, as this is perfectly catered to suit the needs of the infant. If a mother is having a hard time breastfeeding as much as the baby needs, or if they have to go long periods of time without breastfeeding (perhaps because of work), they may consider supplemental use of formula in addition to breastfeeding when able.

Breast milk (or formula) should be consumed exclusively for the first 6 months, with soft foods introduced slowly from 6-12 months. For most infants, you can start with any pureed solid food. While it's traditional to start your baby on solids with a single-grain cereal, there's no medical evidence to show that introducing solid foods in a particular order will benefit your baby. Good foods to start with include pureed sweet potatoes, squash, applesauce, bananas, peaches, and pears. Introducing a new food every few days helps keep track of any possible food allergies that the baby may have. During the 1-2 year period of time, the baby should drink whole milk (if they are not lactose intolerant). After 2 years, the toddler can now switch to a lower fat milk, such as 1% or fat-free.

Do not give honey before the age of one due to risk of botulism.



IRRITABLE BOWEL SYNDROME

Irritable bowel syndrome (IBS) is hard to diagnose, but it alters the function in the lower gastrointestinal (GI) tract, causing certain foods to upset a person's GI system. Usually foods with a higher fat content or certain sugary carbohydrates will cause a lower GI reaction, which can lead to constipation, diarrhea, or both.

IBS is highly individualized, so it is up to the person to know what foods do and do not work well with their digestive system. Some people may need to eliminate certain foods altogether, while others may be able to eat them in moderation. Gas-producing foods are a large concern, so fermented vegetables and most types of beans should be consumed sparingly.

Here is a list of common foods that may be avoided by people living with IBS:

FOODS TO AVOID

- ...► Apples
- ...► Melons
- ...► Peaches
- ...► Cherries
- ...► Dried fruit
- ...► Sweeteners
- ...► Fruit drinks
- ...► Syrups
- ...► Jams/Jellies
- ...► Pickles
- ...► Honey
- ...► Coconut products
- ...► Asparagus
- ...► Artichokes
- ...► Cabbage
- ...► Beans
- ...► Chickpeas
- ...► Milk
- ...► Ice cream
- ...► Yogurt
- ...► Any other food that makes the individual uncomfortable

OKAY FOODS

LACTOSE FREE DIET (*LACTOSE INTOLERANCE*)

This diet is needed for people who cannot digest lactose, the naturally occurring sugar in milk and milk products. This type of diet may be needed as a result of:

- ♦ An inherited trait. Many people of African, Asian, Jewish, Latino, or Native American descent cannot digest milk or dairy products
- ♦ An illness, or complication because of surgery

Lactose is found in foods made from milk.

Lactose is also widely used in processed foods. Persons who are very lactose intolerant should not be given packaged foods that include lactose. When reading the label, look for the following words: milk, milk solids, casein, and whey. Recipes using lactose-free milk instead of regular milke are okay.

BREADS AND CEREALS

Italian bread
Other breads (made without milk)
Pasta (noodles, macaroni, etc.)
Rice and rice crackers
Soda crackers
Hot cereals
Most cold breakfast cereals (check label)

FRUITS AND VEGETABLES

All fruits
Vegetables without cream sauce

PROTEIN FOODS

Meat and meat products
Fish
Poultry (chicken and turkey)
Peanuts and peanut butter
Dried beans and peas

MILK AND DAIRY FOODS

Lactaid tablets, add to milk
Soy, almond, coconut or rice milk
Hard cheese or yogurt, if tolerated

FOODS TO AVOID

BREADS AND CEREALS

Mixes (pancake, waffle, and biscuit)
Breakfast cereals made with milk: most instant
oatmeal, Cocoa Krisp, Total, Special K

FRUITS AND VEGETABLES

Any fruit or vegetable with lactose added during
canning

PROTEIN FOODS

Scrambled eggs or French toast made with milk
Creamed meat, fish, or poultry dishes

MILK AND DAIRY FOODS

All milk (fresh, dry or canned)
Any 'instant breakfast' with a milk base
Puddings, canned and packaged
Cheese in large amounts



LOW FAT DIET (LOW CHOLESTEROL)

A low-fat diet may be needed for people with:

- Heart disease
- Gall bladder disease
- Diabetes
- Other medical problems

OKAY FOODS

BREADS AND CEREALS

Whole wheat, rye, and enriched breads (bagels, pita bread)
Rice, rice crackers
Pasta (noodles, macaroni, spaghetti)
Tortillas (corn or whole grain)
Hot cereals (whole grain)
High fiber cereals (good choices are Total, Bran Flakes)
Cornmeal & cornmeal products
Crackers (made without animal fats or tropical oils, read label)
English muffins

FRUITS AND VEGETABLES

All canned fruits
Fresh fruits
Canned, fruit juice
Canned vegetables
Fresh vegetables
Frozen juice bar desserts

PROTEIN FOODS

Canned or dried beans (red, black, pinto, navy, etc.)
Canned beans and soups (pork and beans, throw-out pork fat)
Dried lentils or split peas
Canned lentil or pea soup
Water-packed tuna

MILK AND DAIRY FOODS

Non-fat, 1% milk
Powdered milk
Evaporated skim milk

OTHER FOODS

Vegetable oils (mostly Canola, corn, olive, peanut, rice oil)
use in small amounts
Nonstick pan spray
Low-calorie/reduced fat salad dressing
Bouillon or broth without fat
Club soda
Cocoa powder, cocoa drink mixes
Angel food cake mix
Cookies (best choices are vanilla wafers, gingersnaps, arrowroot)
Soups—all types

FOODS TO AVOID

BREADS AND CEREALS

Donuts
Sweet rolls, and other similar type baked goods (1-2 servings/week)
Large, high-fat muffins
Granola and granola products
Crackers (made with animal fat or tropical oils)

FRUITS AND VEGETABLES

Vegetables with butter or added cream sauces
Avocado
Olives

PROTEIN FOODS

Processed meats (luncheon meats, frankfurters)
Canned meats and meat spreads
Tuna fish and sardines packed in oil
Peanut butter
Canned dinners (chow mien, spaghetti & meatballs)

MILK AND DAIRY FOODS

Imo (non-dairy sour “cream”)
Whole, evaporated milk
Mocha mix
Cool whip & similar toppings

OTHER FOODS

Butter, hardened butter
Mixes (gravies, cheese, high-fat sauces)
Shortening, lard
Chocolate
Chips (potato, corn, tortillas, puffs)
Popcorn (buttered)
Snack cakes and cream-filled pastries (Ding-Dongs, Ho Hos, Honey Bun, Snoballs, etc.)

LOW SALT DIET (LOW SODIUM)

A diet low in salt may be needed for people with:

- Kidney problems (including kidney disease)
- High blood pressure
- Some pregnant women

OKAY FOODS

BREADS AND CEREALS

Whole wheat, rye or enriched breads (without salt on crust)
Barley
Hot cereals (not instant)
Dry cereals (less than 200 mg sodium/serving)
Flours, except self-rising
Cornmeal & cornmeal products
Matzo
Tortillas (corn and flour)
Pasta (macaroni, spaghetti, noodles)
Rice

FRUITS AND VEGETABLES

Fresh, canned and dried fruits
Fruit juice
Fresh vegetables
Frozen vegetables (plain, no sauces)
Canned vegetables (if rinsed before using)

PROTEIN FOODS

Canned beans (red, black, pinto, navy, etc.), lentils (green, yellow, orange), split peas all can be used if rinsed with water

Dried beans (red, black, pinto, navy, etc.), lentils (green, yellow, orange), split peas, no salt (use other spices to flavor beans, lentils and peas)

Low-sodium canned meats, chicken, tuna (rinse with water, over half the salt can be rinsed away)

Unsalted nuts

MILK AND DAIRY FOODS

Evaporated milk
Powdered milk
Unprocessed cheeses

OTHER FOODS

Low-sodium soups & soup bases (be careful—some labeled as “1/3 less” may have over 500 mg—still too high for some folks)

Low-sodium carbonated beverages
Coffee, coffee substitutes
Tea
Popcorn, unsalted
Jello

FOODS TO AVOID

BREADS AND CEREALS

Breads with salt toppings
Mixes (pancake, waffle, biscuit)
Biscuits in refrigerated tube
Dry cereals (more than 230 mg sodium/serving)
English muffins
Frozen pastas with sauces
Rice with seasonings
Salted rolls
Salted crackers
Self-rising flour

FRUITS AND VEGETABLES

Canned vegetables (unless rinsed before using)
Olives
Pickles
All pickled vegetables (i.e. sauerkraut)
Tomato juice, vegetable juice blends (V-8 juice)

PROTEIN FOODS

Processed meats (ham, wieners, bologna, other luncheon meats)
Corned beef
Smoked, salted, or pickled meat & pigs feet
Kippered fish, koshered meats
Cracklins
Unrinsed canned meats, chicken, tuna
Salted nuts

MILK AND DAIRY FOODS

Buttermilk, fresh or dried
Processed cheeses, cheese spreads
Pudding mixes

OTHER FOODS

Most canned & dried soups
Canned and dried packaged main dishes (especially with cheese, sauces)
Chips (potato, corn, tortilla)
Pretzels, other similar snack foods
Many packaged mixes (pudding, cake, sauces, gravy, “Shake ‘n Bake”™)
Bouillon cubes, powders, liquids
Gatorade™ and other sports drinks
Popcorn, salted/seasoned/buttered

OLD AGE

As people age, their caloric needs decrease slightly. Their appetites, however, tend to decrease more substantially, so it is common for older adults to under-eat. Advances in medicine have allowed people to live longer, as well. As a result, the older adults segment of the population is continually growing.

Older adults may face a variety of different eating concerns. If an older adult lives alone, they are more likely to skip meals or be undernourished. Older adults may also have trouble eating hard, chewy, solid foods if they are missing teeth. If they have problems with chewing or swallowing, it is a good idea to offer moist, soft foods, as well as gravies or sauces to help moisten foods and make them easier to eat. If chewing is a concern, reference the section on chewing or swallowing difficulties.

The presence of other diseases, such as diabetes, cardiovascular disease, chronic kidney disease, etc. will also impact the kinds of foods offered to older adults. As a guideline, it's better to choose lower fat, lower sodium options, as well as include foods from all five food groups.

OKAY FOODS

BREADS AND CEREALS

Whole wheat bread
Oatmeal, hot breakfast cereals
Brown rice
Tortillas (corn, flour)
Quinoa, couscous

FRUITS AND VEGETABLES

All fruits, fresh preferred
All vegetables, fresh preferred

PROTEIN FOODS

Fresh or frozen lean meats
Peanut butter, nut butter
Tuna, canned, low-sodium
Canned or dried beans
Tofu
Eggs

MILK AND DAIRY FOODS

2%, 1%, non-fat milk (use 2% if under eating is a concern)
Almond, soy, rice milk
Condensed milk
Yogurt
Cheeses

OTHER FOODS

Canned stews, soups
Packaged macaroni and cheese mix (can add hotdogs for protein)

FOODS TO AVOID

BREADS AND CEREALS

Bleached white breads, muffins
Sugary pastries (donuts, popovers)
Sugary breakfast cereals

FRUITS AND VEGETABLES

Limit starchy vegetables (potatoes, corn) to 2-3 servings per week
Crunchy foods (apples) may be hard to eat if chewing concerns are present

PROTEIN FOODS

Meats may be hard to chew, so suggest combining with sauce, cutting into small pieces, or adding to stew

MILK AND DAIRY FOODS

Whole milk
Whole milk products
Hard cheeses

OTHER FOODS

Chips



PREGNANT/BREASTFEEDING WOMEN

Pregnant and breastfeeding women need more calories, vitamins, and minerals to help their baby grow healthy and properly. Pregnant women who have a low weight gain during pregnancy are more likely to deliver babies underweight babies, which in turn are more likely to have health problems later in life. Providing adequate nutrition during pregnancy helps prevent diseases in the long-term. Staying hydrated is also critical for healthy pregnancies and ample breastmilk supply.

When selecting food packages for pregnant or breastfeeding women, it is important to provide foods from each of the following food groups. Limiting sugary foods (like donuts) that are high in calories and low in nutrients is also recommended.

Some pregnant women may suffer from gestational diabetes, which may increase their risk for preeclampsia, a condition that may negatively affect the growing fetus. If a pregnant mother says she has gestational diabetes, reference the “diabetic diet” to help provide the correct carbohydrates for her, along with other key macronutrients.

OKAY FOODS

BREADS AND CEREALS

Whole wheat, rye, and enriched breads (bagels, pita bread)
Rice, rice crackers
Pasta (noodles, macaroni, spaghetti)
Tortillas (corn & flour)
Oatmeal & oatmeal products
Low-sugar & high-fiber cereals (good choices are Total, Bran Flakes)
Cornmeal & cornmeal products
Crackers (whole wheat, unsalted)
Popcorn

FRUITS AND VEGETABLES

Fresh and frozen fruits and vegetables as available
All canned vegetables (spinach, sweet potatoes, mixed vegetables are high in Vitamin A)
Canned, fruit juice—100% juice (select those fortified with Vitamin C)
All canned fruits (good choices are mandarin oranges, pineapple, and fruit cocktail in its own juice)

MILK AND DAIRY FOODS

Cow's milk, almond, soy, or rice milk
Canned evaporated milk, powdered milk
Pudding

PROTEIN FOODS

Canned or dried beans (red, black, pinto, navy, etc.)
Lean protein meats

OTHER FOODS

Canned soups, stews
Dried lentils or split peas (green, yellow, orange)
Canned lentil or pea soup
Peanuts, peanut butter, nut butters
Tuna, sardines
Canned meat products (i.e. deviled ham, spam)
Canned chicken products
Canned soups, vegetable (suggestion: offer the “low-sodium” soups to women who complain of swelling and water retention)

FOODS TO AVOID

BREADS AND CEREALS

Sweetened products, such as: donuts, pop tarts, frosted cookies, sweet rolls

If these types of foods are what you mostly get for donations, then give to the moms, but try to limit servings

FRUITS AND VEGETABLES

Limit powdered juice beverages. They are not a juice, but sometimes people think they are. These are very high in sugar.

Fruit rolls/chews



MILK AND DAIRY FOODS

Unpasteurized cheeses
Raw milk

PROTEIN FOODS

Dried beans may not be tolerated by pregnant women who are not used to eating beans
Lunch meats are not recommended

OTHER FOODS

Coffee, tea, and other foods high in caffeine, such as: chocolate foods, cocoa, candy bars, etc. should be limited

Candy/sweets can be given in limited amounts

GUIDELINES FOR A THREE-DAY FOOD PACKAGE

1. Read across line for family size.
2. Read down to find amounts to give people.
3. All amounts are one pound packages or approximately one pound cans.

FAMILY SIZE	1	2	3	4	5	6	7	8	9	10
Fruit	1	1	1	2	2	2	2	3	3	3
Vegetables	1	2	2	3	4	6	6	8	8	8
Beans (Canned)	1	1	1	1	2	2	2	3	3	3
Tuna	1	1	1	1	1	2	2	3	3	3
Tomato Sauce	1	1	1	1	2	3	3	4	4	4
Soup	1	2	3	4	5	6	6	8	8	8
Peanut Butter	1	1	1	1	1	1	1	2	2	2
Pasta	1	1	1	2	2	3	3	3	3	3
Mac/Cheese	1	1	1	2	2	3	3	3	3	3
Milk	1	1	2	3	4	5	5	6	6	6
Cereal	1	1	1	2	2	2	2	2	2	2
Rice	1	1	1	1	1	2	2	2	2	2
Sauce Mix	1	1	1	1	1	1	1	1	1	1
Dry Beans	0	0	0	0	1	1	1	2	2	2
Cake Mix	0	0	0	0	0	1	1	1	1	1
Jelly	1	1	1	1	1	1	1	2	2	2
Juice	0	0	0	0	0	0	0	1	1	1
Canned Milk	0	0	0	0	1	1	1	2	2	2
Protein (Canned)	0	0	0	0	1	1	1	2	2	2
Coffee or Tea	0	0	0	0	0	2	2	2	2	2
Eggs	6	6	9	12	18	24	24	24	24	24
Meat	1	1	1	2	2	3	3	4	4	4
Sticks of Margarine	1	2	2	2	4	4	4	6	6	6

SUGGESTED MENUS FOR THREE-DAY FOOD PACKAGE *(for one person)*

Menu Ideas for Day 1

BREAKFAST

Bread	1 slice
Cereal	$\frac{3}{4}$ cup dry or half cup cooked
Milk	8 ounces
Fruit	1 medium
Butter	1 teaspoon

LUNCH

Bread	2 slices
Peanut butter	2 tablespoons
Soup	1 cup
Fruit	1 medium
Jelly	2 tablespoon
Vegetables	1 cup

DINNER

Rice	$\frac{3}{4}$ cup
Kidney beans	1 cup
Vegetables	$\frac{1}{2}$ cup
Butter	2 teaspoon
Fruit	1 medium
Milk	1 cup

*this menu would be appropriate for a vegetarian to follow

Total calories for the day – 2,000

Grams of protein – 88

Menu Ideas for Day 2

BREAKFAST

Bread	2 slices
Butter	2 teaspoon
Eggs	2 (cooked in 1 teaspoon butter)
Fruit	1 medium
Yogurt	1 cup

LUNCH

Pork and Beans	1 cup
Cooked Meat	3 ounces
Fruit	1 medium
Vegetable	1 cup

DINNER

Tuna	½ cup
Noodle mix	1 cup
Vegetable	1 cup
Fruit	½ cup
Milk	8 ounces
Butter	2 teaspoon

Total calories for the day – 2,000

Grams of protein – 80

*To make this into a vegetarian menu, use tofu instead of cooked meat and omit the tuna. Vegetarian beans may be used instead of pork and beans

Menu Ideas for Day 3

BREAKFAST

Fried egg sandwich	1 each (2 eggs, 2 slices of bread, 1 teaspoon butter)
Fruit	1 medium
Milk	8 ounces

LUNCH

Macaroni and cheese	1 cup
Vegetable	$\frac{1}{2}$ cup
Butter	1 teaspoon
Fruit	1 medium
Sweet roll	1 each

DINNER

Spaghetti	1 $\frac{1}{2}$ cups
Spaghetti sauce	$\frac{3}{4}$ cups (3 ounces cooked meat in $\frac{1}{2}$ cup tomato sauce)
Vegetable	1 cup
Canned fruit	$\frac{1}{2}$ cup

Total calories for the day – 2165

Grams of protein – 84

*To convert to a vegetarian menu, substitute tofu for the cooked meat



Skillot Meal
x & Match Salads
Mix & Match Chili
Fruit Crisp
Create a Casserole
ables
Beef Stew
Instant Potatoes